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'Take a poppy, wear it with pride'

JEFF HODSON
jeff.hodson@metronews.ca

REMEMBRANCE The poppy, Canada's flower of remembrance, has seen an upswing in popularity as the ongoing military action in Afghanistan "brings the punch home again," the administrator of the Vancouver Poppy Fund said yesterday.

While the actual number of poppies worn won't be known until the end of November, Jim Howard said he's seen more people on the streets with poppies and higher demand from the Royal Canadian Legion branches that he supplies.

Some branches outside of Vancouver, he added, have already run out of poppies.

"For the past couple of years, (the number of people wearing poppies) has been very good and I think the action in Afghanistan has a lot to do with it," said Howard.

"This is hitting the younger people now and they're starting to realize what the supreme sacrifice really is … take a poppy, wear it with pride."

Remembrance Day ceremonies are planned across Canada and throughout the Lower Mainland tomorrow.

In Vancouver, two minutes of silence and the placing of wreaths will be held at 11 a.m. at the Victory Square cenotaph. A parade of veterans will follow.

At 12:30 p.m. a ceremony will be held in the Chinatown Memorial Square to remember Chinese-Canadian veterans. A service to remember Aboriginal veterans was held on Saturday.

Please recycle

RAFE ARNOTT/METRO VANCOUVER

Christine Brandt holds her son Miles, 6, while Vision Vancouver mayoral candidate Gregor Robertson, left, and Coun. Tim Stevenson, right, listen to her concerns about possibly being evicted from her West End apartment building.

Out of their homes?

West End tenants object to pending eviction, rent hikes

KRISTEN THOMPSON
kristen.thompson@metronews.ca

While many Vancouverites watch Dec. 1 draw near with thoughts of the approaching holidays, 24 tenants of Seafield apartment are bracing for eviction notices that day.

Yesterday, they gathered outside their West End heritage building, joined by Vision Vancouver mayoral candidate Gregor Robertson, demanding the right to stay in their home when renovations start on Feb. 1, and to be allowed to return without the proposed subsequent rent increase.

Resident Christine Brandt said when Chris Nelson and Jason Gordon bought the building in July, they were told to expect eviction notices, renovations and rent increases up to 100 per cent.

"Many of us cannot afford that," she said, adding that some tenants have lived in the building for nearly 50 years. One couple is expecting their first baby on the day of the possible eviction.

"We love each other, and we don't want that to end," she said breaking down in tears. "And it's going to be over our dead bodies that we allow this to happen."

Robertson said a loophole in the Residential Tenancy Act has let some landlords drive renters out for renovations, only to "jack up rents."

He said permit applications should be scrutinized to determine whether renovations are necessary to keep a building up to standard or merely to justify a rent increase.

Messages left for Chris Nelson and Jason Gordon were not returned by press time.

ShareYourViews
vancouverletters@metronews.ca

U.S. minister plans to picket play of gay man's murder

KRISTEN THOMPSON
kristen.thompson@metronews.ca

PROTEST An anti-gay minister from the United States is planning to come to Vancouver this month to protest a play based on the true story of an American gay man's murder.

Pastor Fred Phelps

Pastor Fred Phelps and his followers said they plan to picket the Nov. 28 showing of The Laramie Project, which is about the 1998 murder of Matthew Shepard, at Havana Theatre.

Shepard, 21, a University of Wyoming student, was killed because he was gay.

Mark Robins of gayvancouver.com said yesterday that he's calling on Stockwell Day, who's in charge of Canadian Border Services, to ban Phelps from crossing the border.

He said freedom of speech shouldn't incite hatred and possibly violence.

"It is not surprising Phelps shows some sick affinity with this play since it was him and his group that was initially foiled in their attempt at picketing Matthew's funeral," Robins said.

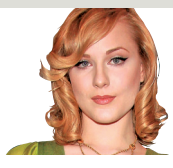
Performances

- The Laramie Project will be performed from Nov. 28 to Dec. 6 at the Havana Theatre, 1212 Commercial Drive.

Metro will not publish on Remembrance Day. The next edition will appear Wednesday.

Celebrity Buzz pg 18

Wood sick of Manson tales



Comment pg 8

Mazigh, Arar's wife, on hope

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Driver injured after five shots fired into vehicle
A 27-year-old man was shot while driving with his girlfriend early yesterday morning in Langley. A beige Cadillac pulled up beside the couple and an occupant fired five shots into the victim's vehicle. One bullet hit the driver, who is known to police. The shooting isn't believed to be random. The man has been released from hospital. METRO NEWS SERVICES

Local

Sawed-off shotguns seized

West Vancouver Police seized a sawed-off shotgun and sawed-off rifle, left, after they stopped a car that had been reported stolen. Two Kamloops men were arrested and face 12 charges. METRO VANCOUVER

Ladner raised over $158K in NPA bid

CANDIDATE Mayoral candidate Peter Ladner raised $158,137 from 193 donors in his successful bid to defeat Mayor Sam Sullivan for the Non-Partisan Association mayoral nomination. According to a post on the NPA's website yesterday, more than half the donations were $500 or less, and there were 11 donations of more than $5,000, including Peter Ladner himself.

JEFF HODSON/METRO VANCOUVER

metronews.ca
What's online today.

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Read Guidy Mamann on sponsoring a common-law partner at metronews.ca/live

Lotteries

Friday, Nov. 7: Lotto Super 7 05, 07, 08, 27, 42, 44 & 46 Bonus 06 Extra 23, 29, 56, 85
Saturday, Nov. 8 Lotto 6/49 02, 03, 19, 28, 36 & 45 Bonus 39 BC 49 15, 21, 24, 26, 30 & 37 Bonus 22 Extra 04, 38, 49, 97
These results are not official.

B.C. reporter kept in cave

Mellissa Fung recounts month held captive in Afghanistan

JEFF HODSON
jeff.hodson@metronews.ca

A Vancouver journalist was chained and blindfolded and held in a cave in Afghanistan for four weeks, Mellissa Fung said in a video released yesterday.

Fung was imprisoned in a "very small cave" that barely allowed her to stand up, she told a director of Afghanistan's intelligence agency. She was never hurt and was only mistreated when she was chained up.

Fung was blindfolded for much of the ordeal and was watched by an abductor for the first three weeks. The last week she was chained up, but wasn't watched.

The 35-year-old CBC reporter was snatched Oct. 12 by armed men near a refugee camp outside Kabul and was held in a province west of the Afghan capital. She was freed Saturday.

A worldwide news blackout was requested by the CBC and prevented the story from getting out.

In a statement Saturday, Prime Minister Stephen Harper commended Fung for her personal bravery and said no ransom was paid for her release.

Back home, Fung's mother Joyce told CBC-TV in Vancouver that her daughter was always "calm and collected" and was able to handle stressful situations.

Joyce Fung said she expects her daughter will continue in journalism and said the ordeal will help her better understand what people in those situations are going through.

REUTERS/INTELLIGENCE SERVICE OFFICE

Freed Vancouver journalist Mellissa Fung is seated next to Amrullah Saleh, the head of the Afghan National Directorate of Security, after being released in Kabul on Saturday.

Career

- Fung got her start as a reporter with The Vancouver Sun. She also worked locally for Global-TV and CBC-TV.

ShareYourViews
vancouverletters@metronews.ca

Package left at door explodes

INJURY A 39-year-old Langley man is in hospital with non-life-threatening injuries after a package left at his front door exploded after he took it inside.

Police yesterday were still looking for a motive.

The force from Saturday's 11:30 a.m. explosion was so powerful that it shattered the kitchen window in Gerry Jorssen's townhouse six metres away.

Jorssen and the victim lived directly across from each other in the townhouse complex in the 8900-block of 208th Street.

"I didn't see it — I just heard it," said Jorssen, 41. "I was upstairs when it happened. It was like a bomb going off."

Nearby residents were evacuated from homes for more than nine hours as investigators scoured the area.

MARIA COOTAUCO /FOR METRO VANCOUVER

News in brief

STRUCK A 15-year-old boy hit by a taxi and pinned under the car on Saturday in Surrey is recovering in hospital, news1130.com reports. The driver is in police custody.

METRO NEWS SERVICES

Advance polls open today
Vancouverites can vote today and Wednesday in advance of Saturday's civic election. Voting from 8 a.m. to 8 p.m. will be held at City Hall or at the Dunbar, Sunset, Westend or Trout Lake Community Centres. METRO VANCOUVER

News in brief

DEATH A 21-year-old woman is dead after being struck by a vehicle in Delta on Friday afternoon. The woman was taken to Royal Columbian Hospital at about 4 p.m. where she died of her injuries.

STABBING Two Vancouver men are in stable condition after suffering serious stab wounds following an argument with two other men at Metrotown Saturday. Investigators are reviewing surveillance video.

SIGNS Residents of a neighbourhood in Central Lonsdale say someone in a white pick-up truck was seen taking election signs from lawns between 1:30 a.m. and 2 a.m. Saturday. METRO VANCOUVER

Election A bicycle built for campaigning

RAFE ARNOTT/FOR METRO VANCOUVER

NPA mayoral candidate Peter Ladner wheels through Yaletown as he and about 25 supporters finish campaigning by bicycle through Vancouver yesterday.

Farm hit with pollution order

A Langley mushroom farm, where three workers died and two were injured following an industrial accident in September, was issued a pollution prevention order yesterday after heavy rains caused agriculture and compost waste to escape into the environment.

Farmers Fresh Mushrooms Inc., located at 231751 16th Ave. in Langley, received the environmental order after Ministry of Environment inspectors concluded that rain water was causing the secondary waste containment unit to overflow.

The farm must comply with the order before mushroom growing can continue.

JEFF HODSON / METRO VANCOUVER

Candidate pledges open meeting on Olympic Village financial situation

ELECTION If elected mayor, Vision Vancouver candidate Gregor Robertson said yesterday he'll hold an open council meeting to hear a report on the financial situation surrounding the Olympic Village project.

On Oct. 14, city council approved $100 million to bail out the struggling developers of the village in a closed-door session.

Council has remained tight-lipped on the details. "Taxpayers should have as much transparency as possible when city council is spending their tax dollars," Robertson said.

METRO VANCOUVER

Police seek violent group of seven

MUGGINGS Police yesterday continued looking into at least three violent incidents believed to be orchestrated by the same group of five young men and two women in southeast Vancouver.

Police received three reports of victims who were assaulted and robbed on Thursday evening, including:

- At 5:45 p.m., a 25-year-old man was pepper-sprayed by a group of men and women near Payne and Monmouth Streets. Nothing was taken.
- At 9 p.m., three 17-year-olds were pepper-sprayed by three men in the 3300 block of East 49th Avenue. The suspects ran off with cellphones and an iPod.

MARIA COOTAUCO/METRO VANCOUVER

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Admiralty Centre Mall
Ironwood Mall
Lansdowne Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

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Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
2404 King George Hwy.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
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North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

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Orchard Park Mall (Kelowna)
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Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

Whistler
7009 Nesters Rd.

Squamish
38116 2nd Ave.

Conviction in Edmonton nightclub shooting

A man convicted by a jury Saturday of fatally shooting three people and wounding others in a downtown Edmonton nightclub in October 2006 won't learn about his fate until early 2009. Dwayne Anthony Nelson was found guilty on three counts of second-degree murder, two counts of aggravated assault, and one count of assault causing bodily harm. METRO CANADA

Canada

Prison Taser use on hold

The program aimed at introducing Tasers into Canadian prisons is on hold as authorities for the Correctional Services of Canada plan to assess two recent reviews of stun-gun use. The most famous of those reviews involved the death of Polish immigrant Robert Dziekanski, who died on Oct. 14, 2007, after being stunned by RCMP officers at the Vancouver airport. METRO NEWS SERVICES

Grit convention heading West

MONICA MARTINEZ
for Metro Vancouver

The federal Liberals have confirmed that Vancouver will host their party's national convention this spring for the first time.

The event, where the party is expected to choose its next leader, will take place from April 30 to May 3 at the Vancouver Convention and Exhibition Centre.

The decision may have been influenced by a letter written by Mayor Sam Sullivan urging the national executive to stick to Vancouver after media reports surfaced last week that Toronto might be awarded hosting duties instead.

Sullivan said yesterday the convention is expected to bring in $10 to 15 million to the local economy and is a good opportunity to showcase Vancouver as host of the 2010 Olympic and Paralympic Games.

"The centre of the country is moving west. This puts Vancouver in the front seat," Sullivan said.

Spending limits

- The national executive increased the entry fee into the leadership race to $90,000 from $50,000 in 2006.
- It also limited campaign spending to $1.5 million, down from $3.4 million in 2006.

Vimy **Remembering the fallen**

CHRIS WATTIE/REUTERS

A colour party marches away from the Canadian National Vimy Memorial in Vimy, France yesterday following a Remembrance Day ceremony to commemorate members of the Armed Forces who have been killed since the First World War.

News in brief

CRISP Autopsy results on the body of a Barrie, Ont., teen found three weeks after he ran away from home reveal he died of injuries to his chest. A post-mortem examination on Brandon Crisp, conducted at Ontario's Office of the Chief Coroner in Toronto, shows the injuries are consistent with a fall from a tree. CBC NEWS ONLINE

Remains those of missing boy

EDMONTON Police have identified remains found in rural Strathcona County, Alta., in August as those of a 14-year-old boy.

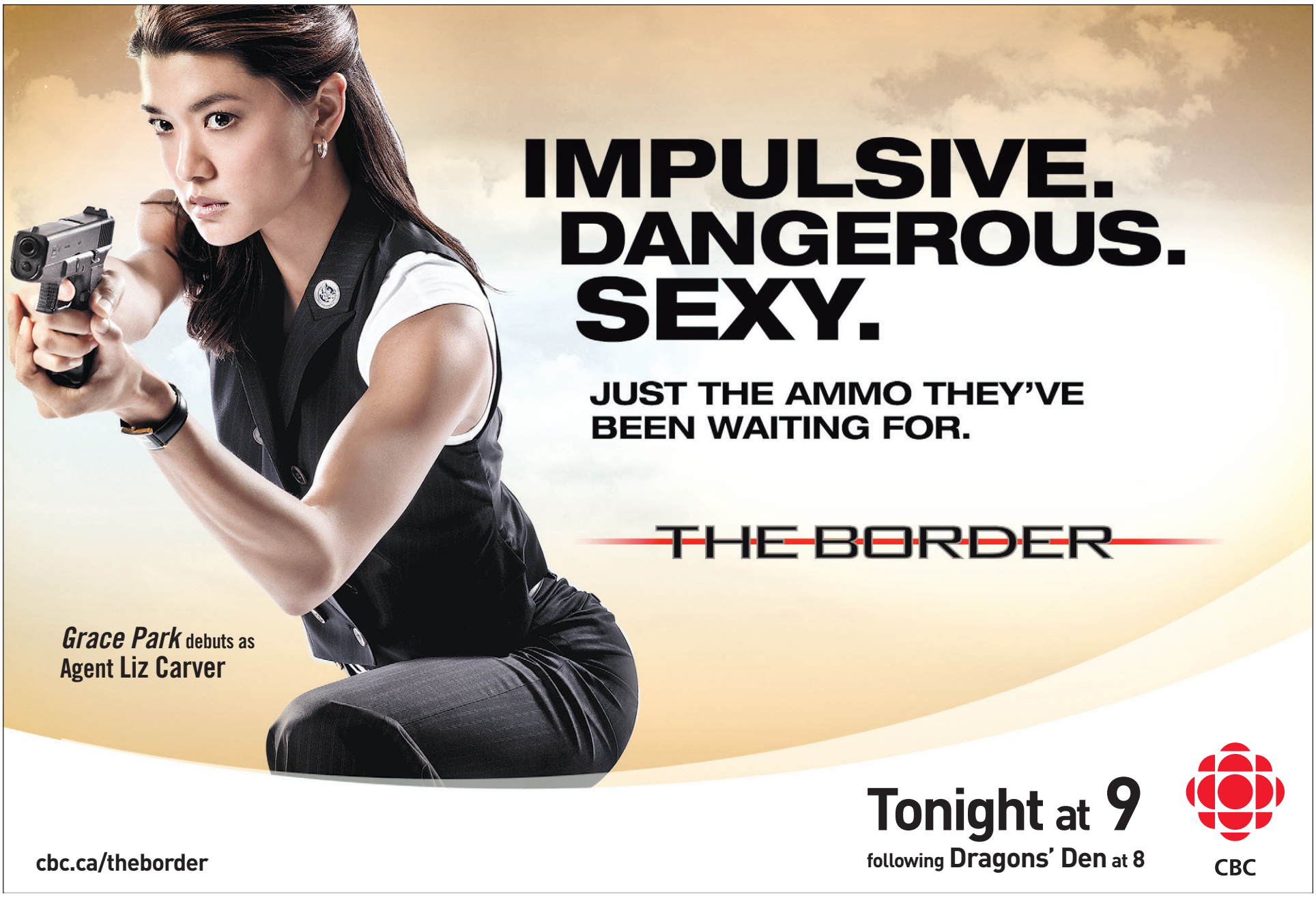
Alexander Xavier Smith was reported missing after leaving his grandmother's home on June 28.

The remains were discovered south of Fort Saskatchewan by a farmer tilling his field on Aug. 25.

The troubled teen was said to have lived a high-risk lifestyle.

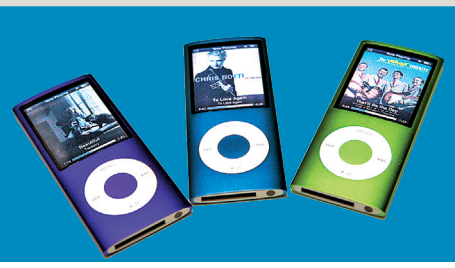
Since 1988, 19 sets of human remains have been found in Strathcona County east of Edmonton. Many of the bodies found in the area in the past 10 years have been those of female sex trade workers.

VICTORIA HANDYSIDES/
METRO CANADA



Technique tracks the spread of cancer cells
A technique using a tiny glass window implanted on the skin of a mouse allows scientists to track individual cancer cells as they spread and attack other parts of the body, according to a study published yesterday. Researchers hope it could one day play a big role in analyzing how well developmental drugs block cancer from spreading. REUTERS

World



Headphones harmful?

Headphones from iPods or other digital music players may damage hearing, but music lovers who have a pacemaker or an implanted defibrillator are better off keeping them in their ears. A small, new study revealed that placing the ubiquitous ear buds or other headphones too close to the chest could interfere with the proper functioning of the devices used to keep hearts beating at their proper rhythm. REUTERS

Obama to keep promises: Aide

The economic crisis will not stop President-elect Barack Obama from expanding health care, overhauling education and energy policy, and passing a middle-class tax cut soon after he takes office in January, a senior aide said yesterday.

Meanwhile, Congress should act to ease the pain of an economy sliding into recession by extending unemployment benefits and boosting aid to states struggling to meet their health care obligations, they said.

Obama's transitional team has outlined an ambitious agenda for the next several months as it scrambles to assemble an administration in the face of what is widely viewed as the worst economic slump since the Great Depression.

70 The number of days until Barack Obama assumes office as the U.S. president.

The economic crisis will not prevent Obama from pursuing the priorities he outlined on the campaign trail, said John Podesta, co-chair of Obama's transition team.

These include extending heath care to the nation's 47 million uninsured, and reducing U.S. reliance on foreign oil, Podesta said. REUTERS

Indonesia **Bali bombers killed**

DADANG TRI/REUTERS

A policeman stands guard in front of villagers during the funeral procession of Bali bomber Imam Samudra in his home village in Serang, West Java province yesterday. Thousands of Indonesians poured onto the streets for the funerals of three militants executed yesterday for the 2002 Bali bombings.

News in brief

HAITI SCHOOL Rescuers at a collapsed school in Haiti are ending the hunt for survivors and will soon demolish the remains of the building, where at least 87 people were killed.

NAVY Twenty people were killed on board a Russian nuclear submarine, the navy said yesterday. The military would not indicated what caused the deaths. REUTERS

Italian PM burned over suntan joke

FRANCE Carla Bruni-Sarkozy says she is glad not to be Italian any more after hearing Italian Prime Minister Silvio Berlusconi joke about U.S. President-elect Barack Obama's "suntan."

Carla Bruni-Sarkozy

Italian-born Bruni-Sarkozy, who wed French President Nicolas Sarkozy in February after a whirlwind romance, became a French national and lost her Italian citizenship after her marriage. She criticized Berlusconi for saying on Thursday that Obama, who will be the first black U.S. president, was "handsome, young and also suntanned." REUTERS

5,000 march for gay rights

MARRIAGE Several thousand people gathered in Los Angeles on Saturday evening to protest a voter-approved ballot measure that bans same-sex marriage in California.

A diverse crowd, estimated at 5,000, stretched for blocks chanting against Proposition 8, an amendment that bars the state from recognizing same-sex marriages. REUTERS

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Libya .....24.9 ¢ South Africa 7.9 ¢
Morocco. .....18.9 ¢ Sudan.....12.9 ¢

Latin America

ECUADOR 12.9 ¢/min	CUBA 85 ¢/min

Haiti.....16.9 ¢ Bolivia from.....6.9 ¢
Honduras.....15.9 ¢ Chile.....2.9 ¢
Panama from.....3.9 ¢ Colombia from.....3.9 ¢
Uruguay.....7.9 ¢ Dominican Rep..6.9 ¢
Venezuela.....2.9 ¢ Mexico. from.....2.9 ¢

Middle East

JORDAN 4.9 ¢/min	LEBANON 9.9 ¢/min

Bahrain.....5.9 ¢ Kuwait.....6.9 ¢
Egypt.....14.9 ¢ Oman.....17.9 ¢
Iran. from.....3.9 ¢ SaudiArabia from.3.9 ¢
Iraq. from.....4.9 ¢ Syria.....18.9 ¢
Israel.....2.9 ¢ U.A.E.....19.9 ¢

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Comment & Views

Comment

Laughs not always easy

HineSight

Anne Hines

Years ago, my younger daughter, Becky, asked what I do for a living. I said I write humour about my life. Her lip trembled. "I don't want people laughing at my mother." I had to be honest. "Sometimes they don't."

The challenge of writing humour is there may be 50 ways to say something, but only one of them will be funny. I don't always manage to find it.

I was at a dinner party recently, sitting beside a woman who said, "I read your article in the Metro."

Me: Oh yes.

Her: It was about garbage sales.

Me: Garage sales?

Her: I didn't think it was funny.

I spent a half-hour trying to explain it to her. By the time I finished, it no longer seemed funny to me either.

People will acknowledge the authority of doctors, hairstylists and taxidermists. When it comes to funny, we all think we know best. You can tell someone they have no morals, no manners or no imagination, but suggest they've got no sense of humour and they'll really take offence.

"The challenge of writing humour is there may be 50 ways to say something, but only one of them will be funny."

Another challenge of writing humour is, I don't always feel funny.

Take, oh, I don't know, today for example. I'm with my older daughter, who's undergoing gender reassignment surgery. For those wondering what that is … well … when you fill out your medical form on arrival you tick off the "F" or "M" box. When you leave, you tick off the other one.

I spent today in a hospital hallway, sitting with my ex-husband, Michael, waiting to hear that our beautiful brave daughter now has, as she puts it, "a body her mind can make sense of." It was one of those times in life when I could have used a good laugh. Not because I needed entertainment. But because I needed to be reminded to hope.

I couldn't think of anything. What I did think was, "I wish they were more liberal about who could have those morphine drips," and "This is not exactly the way I pictured my life working out."

Procedure over, our daughter safe, well and comfortably asleep, we made our way out of the clinic. I noticed a nearby lawn sign. There was one of those plywood storks announcing the family had just had a baby. "Look, they had a boy," I said.

Michael answered, "Yes, well, they think that now." And, finally, we laughed.

Anne Hines is an author and humour writer. She has written three novels and one collection of non-fiction humour.

MICHAEL DE ADDER

Views

Healing is a long and complex process

By MONIA MAZIGH

Five years ago, on Nov. 6, 2003, my husband, Maher Arar, spoke publicly about his ordeal. I was sitting beside him at this press conference, listening to him describe the horrible conditions he endured for a whole year in a Syrian prison.

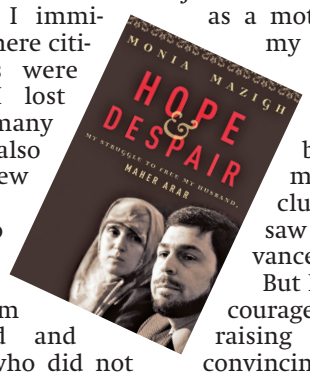
Upon his release in October 2003, I had one idea on my mind: Keep my family together and enjoy one another. But with every passing day, I came to realize that our lives had changed forever and that we can never change by switching to a "normal mode" with a press of a button. The healing cannot happen overnight — it is a long and complex process.

Last year, as part of this long process, I decided to write a book to speak about my life during the time my husband was in prison, but also to reflect

Monia Mazigh

on the meaning of events that happened to us as a family. After the events of 9/11, the world entered a new era, where suspicions, religious beliefs, travel, and business dealings can trigger a whole range of security procedures with terrible consequences, such as deportation, imprisonment, and torture.

The year Maher was in prison, I learned new things about myself, and also about Canada. I learned that in our weakest moments, we can strangely find strength. I also learned that Canada is no longer the idealistic country I immigrated to, where citizens' rights were respected. I lost hope in many people but I also found new friends. Friends who did not take our rights and freedom for granted and politicians who did not play the games of partisanship, but instead looked far and defended their vision of Canada.



Every day during that year I did something to bring justice to my husband and keep my faith in the democratic system, either writing a letter to ministers or meeting with organizations — all this helped me to keep hope that things would eventually change. While I was doing this, I had to raise my two children and face the hardship of finding a job. It was mainly my role as a mother that kept my feet grounded and gave me courage to continue a battle that many people, including myself, saw as lost in advance.

But I didn't get discouraged and I kept raising his case and convincing people around me that my husband Maher needed justice more than anything else. Eventually, I was heard and Maher came back to Canada. He came as a broken man, changed forever, and we had to learn to rediscover one another.

Monia Mazigh, who lives with her family in Ottawa, is the author of Hope And Despair: My Struggle To Free My Husband Maher Arar. The book launched in Ottawa Nov. 6.

Letters

Terry McKinney, VANCOUVER

Not only do they surreptitiously fork over 100 million tax dollars again to bail out the Olympics, but they have the nerve to cut social housing as a cost saver.

The math just doesn't make sense and it shows the mean-spirited back room dealings of the NPA and Peter Ladner, in particular.

Homelessness will increase under Ladner and the NPA as he proved he just doesn't get it.

Adriaan J.W. Mak, LONDON, ONT.

Re: Abuse that breaks a child's trust. (Nov. 4).

I could not agree more with Dr Catherine C. Classen when she states that the sexual abuse of children is wrong and damaging and may well leave more damage when that abuse is perpetrated by a trusted family member.

However, Classen unfortunately makes a serious error by basing her opinion on psychologist Jennifer Freyd's "betrayal trauma" theory and claiming that children repress the memories of such abuse and/or may create alternate (sic) personalities.

Freyd's research in this area has not been corroborated by reliable longitudinal studies. The same is true about both the dated notion of repressed traumatic memory, which originated with Sigmund Freud, and the more recent disastrous diagnoses of multiple personality disorder.

Both the alleged recovery of repressed memories and the emergence of alter personalities in clients with mid-life problems have now been shown to be the result of highly misguided and suggestive psychotherapies.

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Shop around for fashion deals

You may be able to find valuable vintage designer clothes at a fraction of the price from charity stores and recycled-clothing boutiques, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. METRO NEWS SERVICES

Going Green

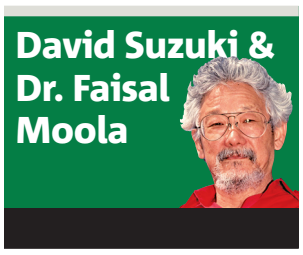
Oil and water don't mix

Each year, Canadians dump and spill the equivalent of seven Exxon Valdez tankers of used motor oil into Canadian waterways. If you change your own motor oil, don't pour it into the gutter, down a sink or drain, bury it or dump it. One litre of motor oil can contaminate one million litres of water, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

The answer is blowin' in the wind

ScienceMatters



Energy underpins everything we do. Human societies have become increasingly complex, requiring ever larger-scale sources of continuous energy. Now, energy fuels not only our activities but our economies, as well. If we don't choose our energy sources wisely, we can do more harm than good.

Non-renewable energy sources such as fossil and nuclear fuels are not sustainable and have also taught us that technological advances often come at great cost. These fuels can never be a long-term solution because they will run out. They also create emissions that pollute our air, water, and soil, and contribute to global warming or long-term radioactive-waste problems.

Renewable energy sources will not run out, and they don't cause the same kinds of environmental problems as non-renewable sources. But that doesn't mean we should adopt renewable energy without any forethought. Biofuels can create problems if fuel production comes at the expense of food production. And wind power, if not properly planned and sited, can harm birds and bats (although Danish studies of 10,000 bird kills revealed that almost all died in collisions with buildings, cars, and wires; only 10 were killed by windmills).

Alternative energy sources are absolutely necessary. Global warming will kill birds and bats, as well as other species, in much greater numbers than wind power. We just need good planning to ensure that our energy production is balanced with ecological concerns. And we need to believe in our ability to develop solutions.

The mental attitude that underlies the way we approach any challenge is a huge part of how well we deal with it, and it applies at national and global levels, as well. For more than 20 years, leading scientists have warned us that the dangers of runaway global warming are so great that we cannot continue along the same path. Yet the response (usually led by the fossil-fuel industry) has been, "It's junk science" or "It's too expensive; it will destroy the economy," or "It's impossible to meet the reduction targets." These kinds of reactions demoralize or paralyze society.

Renewable-energy technologies are creating employment and giving economies a boost around the world. Countries like Denmark and Germany started shifting to renewable energy sources after the OPEC oil embargo in the 1970s. Today, Denmark obtains 20 per cent of its energy from wind power and is aiming at 50 per cent by 2020. Germany obtains 14 per cent of its energy from wind, is the major exporter of wind technology, and has created more than 82,000 jobs in the wind sector, and more than 200,000 total renewable-energy jobs. Wind power has become the country's fastest-growing job creator over the past three decades.

Even the U.S. Energy Department has concluded that wind power could become the source of one-fifth of that nation's power by 2030, and other studies have shown that wind, solar, and biofuel energy could create five million U.S. jobs by 2030.

The problem with making major inroads on the climate challenge is not a lack of solutions; it is a lack of will.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

Scientists say rock can soak up carbon dioxide

A rock found mostly in Oman can be harnessed to soak up the main greenhouse gas carbon dioxide at a rate that could help slow global warming, scientists say.

When carbon dioxide comes in contact with the rock, peridotite, the gas is converted into solid minerals such as calcite.

Geologist Peter Kelemen and geochemist Juerg Matter said the naturally occurring process can be supercharged 1 million times to grow underground minerals that can permanently store 2 billion or more of the 30 billion tons of carbon dioxide emitted by human activity every year.

Their study will appear in the Nov. 11 edition of the Proceedings of the Natural Academy of Sciences.

Peridotite is the most common rock found in the Earth's mantle, or the layer directly below the crust. It also appears on the surface, particularly in Oman, which is conveniently close to a region that produces substantial amounts of carbon dioxide in the production of fossil fuels.

"To be near all that oil and gas infrastructure is not a bad thing," Matter said in an interview.

They also calculated the costs of mining the rock and bringing it directly to greenhouse gas emitting power plants, but determined it was too expensive.

The scientists, who are both at Columbia University's Lamont-Doherty Earth Observatory in New York, say they could kick-start peridotite's carbon storage process by boring down and injecting it with heated water containing pressurized carbon dioxide. They have a preliminary patent filing for the technique. REUTERS

Storage

- Kelemen and Matter say 4 billion to 5 billion tons a year of the gas could be stored near Oman by using peridotite in parallel with another emerging technique developed by Columbia's Klaus Lackner that uses synthetic "trees," which suck carbon dioxide out of the air.

Green cleaning tips

- Most household cleaners contain ingredients that pose a risk to both your family's health and the environment — cleaning the house never looked so dirty. Check out these tips from The Home Depot to help you be green without compromising the clean.
- Read up — Read cleaning product labels and steer clear of those containing chemicals like sodium hypochlorite or acetone. Fragrance can indicate the presence of up to 4,000 separate chemical ingredients.
- Check the fridge — If you're in a pinch, look no further than your refrigerator for some basic cleaners. Baking soda is a great deodorizer and cleaner while a dash of vinegar kills mould and bacteria. Lemons aren't just for lemonade — they can also make your glasses sparkle.

NEWS CANADA

Save energy, money around the home

Reducing your home's energy costs is easier than you think. Consider the following energy-efficient tips from The Home Depot Canada to run your home on as little energy as possible.

Bright idea

- Switching to compact fluorescent lights (CFLs) will save you $35 over the life of one bulb. They use up to 75 per cent less energy than incandescents and last up to 10 times longer.
- Lower the intensity of a bulb by 25 per cent with a dimmer switch and use 10 per cent less energy.

Temperature control

- Keep air from slipping through the cracks by weatherstripping and caulking. Sealing up little spaces will save you up to 20 per cent on your heating bill.
- Automatically regulate the heat day or night by using a programmable thermostat. Doing so reduces your heating bills by up to 10 per cent per year.
- After home heating, water heaters are the second-largest energy user in most houses. A tankless hot-water heater warms water only when you need it, instead of keeping a full tank hot 24/7. You can save up to 50 per cent on your energy bills by making this change.
- Beat cold feet by spreading heat evenly throughout the room with radiant floor heating. It will reduce heating bills by as much as 28 per cent.

Waste not

- Installing a low-flow shower head can save up to $50 per year on your water bill.
- A faucet aerator in the kitchen adds air to the water stream, reducing hot water use by as much as 50 per cent.
- Insulating attics and basements will reduce your total energy bill by almost 30 per cent.
- Installing Energy Star certified doors and windows will lower your utility bills by up to 12 per cent, as they can minimize heat loss by 30 per cent. Energy Star appliances are also 10 to 50 per cent more efficient than conventional models.

NEWS CANADA

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1238 Robson Street

KINGSWAY MOBILE
1463 Kingsway Avenue

PEPPER WIRELESS
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3189 Main Street

SKYNET
Arbutus Village
8269 Granville Street
6338 Fraser Street

UNIPAGE
Royal Centre
3565 Kingsway
88 West Pender Street

WIRELESS WORLD
6596 Victoria Drive

ABBOTSFORD

GENERATION WIRELESS
Seven Oaks Mall

SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY

CELLULAR BABY
Lougheed Town Centre
Metropolis at Metrotown
Metrotown Centre

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SKYNET
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Henderson Mall

DELTA

WIRELESS WORLD
Scottsdale Mall

MAPLE RIDGE

SKYNET
Haney Place Mall

NEW WESTMINSTER

PEPPER WIRELESS
Royal City Centre

RICHMOND

CELLULAR BABY
Richmond Centre

PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre
Richmond Public Market

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OPEC to cut supply if market unchanged: Iran
OPEC will cut oil output again if the trend towards lower prices and slowing demand growth are unchanged when the group meets in December, Iran's OPEC Governor Mohammad Ali Khatibi told Reuters yesterday. **REUTERS**

Business

Flaherty sees delayed benefits

Canadian manufacturers will eventually benefit from a sharp drop in Canada's dollar by encouraging exports to the United States, Finance Minister Jim Flaherty said in an interview with Bloomberg News, but in the short term, the volatility will disrupt planning by businesses.
REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

In **brief**

AUTOS General Motors Corp. reported a quarterly loss of $2.5 billion US that will prompt more cuts, including 500 extra layoffs in Oshawa. The company warned it could run out of cash and go broke next year, and added merger talks with Chrysler have been postponed.

ECONOMY Canada added 9,500 net new jobs in October, showing resilience amid the global financial crisis. Still, the jobless rate crept up to 6.2 per cent from 6.1 per cent in September.
TORSTAR NEWS SERVICE

Regulars rolling back on Tim Hortons visits

RETAIL Canadians still love Tim Hortons coffee, but they began visiting the fast-food chain less often when gasoline prices spiked in summer, and now growing economic uncertainty is discouraging them, the company says.

Tim Hortons said it plans to introduce more value-priced combination meals and close up to 15 underperforming U.S. outlets, where the brand is less well-known, to boost sales and profits.

While the "Canadian business tends to be fairly resilient to economic downturns," even the most loyal customers are beginning to "ration scarce dollars," company president and chief executive officer Don Schroeder told analysts.
TORSTAR NEWS SERVICE

New efforts to offset expected recession

China approved a huge stimulus plan yesterday worth nearly $600 billion US, part of a new global push by leading economies for measures to offset an expected recession in many countries.

China's official Xinhua news agency said the world's fourth-largest economy approved a $586-billion US government spending package between now and 2010, focused largely on infrastructure and social projects.

China's cabinet also announced a shift to a "moderately easy" monetary policy, suggesting more rate cuts.

"'Easy' monetary policy could mean, quantitively speaking, more money supply and a looser market liquidity," the head of China's central bank, Zhou Xiaochuan, told reporters in Brazil. "It can also be reflected in prices. For example, the bank-lending interest rate could become lower."

Seeking reform

- In a communique, the G20 said it saw the need for comprehensive reform of the Bretton Woods institutions, such as the IMF and World Bank, "so that they can more adequately reflect changing economic weights in the world economy."

In Brazil, finance ministers and central bank governors representing 90 per cent of the world's economy said they would work on ways to fend off the backlash of the credit crisis, either through higher spending or further interest rate cuts.

World leaders meet in Washington next week to try to agree on what kind of measures their governments need to prepare in the coming months, and to discuss the lessons learned from the credit crisis.

Emerging economies have demanded more of a voice in management of global finance that remains the preserve of rich G7 countries. **REUTERS**

France **Farmers and their sheep stage protest**

JEAN-PAUL PELISSIER/REUTERS

Stockbreeders with thousands of sheep simulate a transhumance on the streets of Marseille yesterday. Sheep farmers from southeastern France demonstrate as they denounce the crisis affecting the ovine sector and to increase public awareness of the fate of stockbreeders.

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Pettitte files for free agency
New York Yankees pitcher Andy Pettitte filed for free agency yesterday after repeatedly saying he hopes to return to the club next year. Yanks GM Brian Cashman said last week he wants Pettitte to return, but the 36-year-old said Friday he hadn't heard from the team. METRO NEWS SERVICES

Sports

Remember, the Titans are 9-0
Kerry Collins, left, threw for 289 yards and two touchdowns as the Tennessee Titans beat the Chicago Bears 21-14 yesterday to remain the NFL's only undefeated team, despite rushing for just 20 yards in the game. The Titans play the Jaguars next Sunday and the New York Jets Nov. 23. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

RICK STEWART/GETTY IMAGES

Peyton Manning, right, eludes Pittsburgh's James Harrison yesterday during the Colts' 24-20 win.

Manning leads Colts past Steelers

NFL ROUNDUP

Colts 24, Steelers 20

Peyton Manning threw for 240 yards and three touchdowns, including the go-ahead score to Dominic Rhodes with 3:04 to play, and the Indianapolis Colts hung on for a 24-20 win over the Steelers, their first win in Pittsburgh in 40 years.

DOLPHINS 21, SEAHAWKS 19 — Ricky Williams ran for 105 yards and a touchdown to help the Dolphins pull out a 21-19 victory over the Seattle Seahawks. The Dolphins (5-4) notched their third straight win to remain a game behind the New York Jets and New England Patriots for first place in the AFC East.

N.Y. JETS 47, RAMS 3 — Thomas Jones ran for 149 yards and three touchdowns as the New York Jets scored early and often on the way to a 47-3 rout of the St. Louis Rams at the Meadowlands. Elsewhere in the NFL it was Atlanta 34, New Orleans 20; Baltimore 41, Houston 13; Minnesota 28, Green Bay 27; San Diego 20, Kansas City 19; Jacksonville 38, Detroit 14; New England 20, Buffalo 10; and Carolina 17, Oakland 6.

METRO NEWS SERVICES

Luongo nears team record

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

Roberto Luongo's recent shutout streak flies in the face of those who questioned the Canucks' decision to name him captain.

Popular opinion among the critics was that the captaincy would prove to be a distraction and that Luongo would falter. Based on the way he's played of late, opponents might be petitioning the league to have the "C" removed from his mask.

Luongo is less than twelve scoreless minutes from bettering the franchise shutout streak of 212 minutes and 12 seconds he set last season in November. You might not like Luongo as the Canucks' captain, but it's not compromising his ability to stonewall opposing shooters.

• After a dominating 33-12 playoff win against the Roughriders in Regina, the only question facing the BC Lions is: can they do it again?

This Lions' group has frustrated its fans as often as it has electrified them this season, and consistency has been elusive from week to week. Despite a 7-2 record in the second half of the regular season, the Leos need to buck a couple of trends if they are to advance to the Grey Cup.

First, BC has not defeated Calgary this season in three previous opportunities, including an eleven-point loss to the Stamps' backups in the season finale.

Second, the Lions only registered back-to-back wins against winning teams on one occasion this season when they took both sides of a home-and home affair with the Riders in September.

Though much was expected of the Lions this year, there will be more pressure on the Stampeders to win this weekend. Calgary has not won a playoff game since 2001 and quarterback Henry Burris has just one playoff victory on his resume.

After winning just two of the last four Western Finals at BC Place, the Lions know all too well that home field advantage is nothing more than a cliché when it comes to the CFL playoffs.

• Stefan Logan answered any questions about his ability to run the ball on the cold prairie tundra in the playoffs. The diminutive back ripped the Riders for 153 yards on the ground in Regina, a week after busting out for 138 yards in Calgary. Skeptics wondered aloud if Logan could carry the mail when it mattered following the trade of bruiser Joe Smith to Winnipeg earlier this season.

If his production this Saturday is anything like the last two weeks, BC's Grey Cup chances increase exponentially.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

SCOREBOARD

NFL

WEEK 10
YESTERDAY'S RESULTS
Atlanta 34 New Orleans 20
Baltimore 41 Houston 13
Jacksonville 38 Detroit 14
Miami 21 Seattle 19
Minnesota 28 Green Bay 27
New England 20 Buffalo 10
N.Y. Jets 47 St. Louis 3
Tennessee 21 Chicago 14
Carolina 17 Oakland 6
Indianapolis 24 Pittsburgh 20
San Diego 20 Kansas City 19
N.Y. Giants 36 Philadelphia 31
TONIGHT'S GAME
San Francisco at Arizona

CFL

SATURDAY'S RESULTS
Edmonton 29 Winnipeg 21
B.C. 33 Saskatchewan 12

SATURDAY, NOV. 15 GAMES
EAST CHAMPIONSHIP
Edmonton at Montreal
WEST CHAMPIONSHIP
B.C. at Calgary

CIS FOOTBALL

YESTERDAY'S RESULTS
DUNSMORE CUP
Laval 28 Concordia 17

SATURDAY'S RESULTS
YATES CUP
Western Ontario 31 Ottawa 17
LONEY BOWL
Saint Mary's 29 St.Francis Xavier 27
HARDY BOWL
Calgary 44 Simon Fraser 21

SUNDAY NOV. 16 GAMES
MITCHELL BOWL
Saint Mary's at Western Ontario
UTECK BOWL
Calgary at Laval

NHL

YESTERDAY'S RESULTS
Atlanta 5 Carolina 2
Edmonton 2 New Jersey 1
Chicago 6 Calgary 1
Phoenix 4 San Jose 2
Florida 3 Anaheim 1

SATURDAY'S RESULTS
Toronto 6 Montreal 3
VANCOUVER 2 Minnesota 0
Boston 3 Buffalo 1
Colorado 1 Nashville 0
Columbus 3 Calgary 1
Detroit 3 New Jersey 1
Los Angeles 5 St. Louis 3
Phoenix 4 Florida 1
Pittsburgh 4 N.Y. Islanders 3 (SO)
San Jose 2 Dallas 1
Tampa Bay 2 Philadelphia 1
Washington 3 N.Y. Rangers 1

TONIGHT'S GAMES
Edmonton at N.Y. Rangers
Tampa Bay at Washington

TOMORROW'S GAMES
Toronto at Calgary
Philadelphia at N.Y. Islanders
Pittsburgh at Detroit
Ottawa at Montreal
Dallas at Los Angeles
Nashville at San Jose

NBA

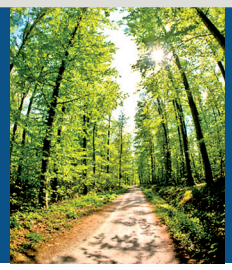
YESTERDAY'S RESULTS
Toronto 89 Charlotte 79
L.A. Clippers 103 Dallas 92
New York 107 Utah 99
Boston 88 Detroit 76
Atlanta 89 Oklahoma City 85
Denver 100 Memphis 90
Sacramento 115 Golden State 98
Houston at L.A. Lakers

TONIGHT'S GAMES
Toronto at Boston
Portland at Orlando
Oklahoma City at Indiana
New Jersey at Miami
Memphis at Phoenix

TOMORROW'S GAMES
Utah at Philadelphia
Milwaukee at Cleveland
Denver at Charlotte
Atlanta at Chicago
New York at San Antonio
L.A. Lakers at Dallas
Detroit at Sacramento
Minnesota at Golden State

How the economic decline is affecting the University of Toronto
Late last month, higher ups at the University of Toronto announced endowment fund has experienced a decline and the university is not currently able to assess how the economic decline will affect its ability to borrow in the future. METRO NEWS SERVICES

Workology



Fight for wood

The Friends of the UNB Woodlot are protesting development on woodlands owned by the University of New Brunswick. The university is leasing some of the property for commercial development, but will preserve much of the land as natural green space. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

An MP3 player in your leg?

Prostheses maker revels in making a difference in kids' lives

OddJobs

Diane Peters

"Wouldn't it be neat if you built an MP3 player into my leg?" the 14-year-old boy said to Bryan Steinnagel.

"We've been waiting for someone to ask for this!" Steinnagel replied. The 37-year-old prosthetist from Bloorview Kids Rehab in Toronto and his team of technicians got to work making the boy an artificial leg that integrated his music player and let him plug his headphones in at the hip.

Most of the time, clients just need a plain leg. Some were born without one, or they've lost a limb because of an accident or cancer. Steinnagel meets with them and their families to talk about their lifestyle and hobbies. He then takes a plaster cast of their remaining limb — to get the fit right — and sketches out the rest of the leg.

Using fibreglass, plastic resin and other materials, the team creates some parts of the leg, and orders others (knee joints and feet are particularly hard to make).

Clients test the leg for two weeks, then Steinnagel makes modifications and uses foam core and fibreglass to hide all the connecting parts and "make it pretty." For some, that means dressing it up with crazy fabric or flame decals.

The process takes just over a month, and costs between $10,000 and $50,000, some of which is covered.

Steinnagel first heard of this career when he met a prosthetist at a job fair in university. Born in Hamilton, Ont. as the son of a carpenter, he got into art in high school and studied physical education in university. The prosthetist told him the profession integrated tools, creativity and knowledge of the human body. He had experience with all three. "I can do that," he thought.

"We've been waiting for someone to ask for this!"
Bryan Steinnagel upon hearing a boy ask for a MP3 player to be put in his artificial leg

In Canada, there are just three schools that train prosthetists and orthotists (who make braces and splints) and the program at Toronto's George Brown College accepts only eight students a year. It took Steinnagel three tries to get in.

He'd been working as a certified prosthetist for five years when the job came up at Bloorview. It was unique to work with kids; most amputees are older people with vascular disease or diabetes.

"It was very different. It blew me away for the first six months, it was a really hard transition," he recalls. Not only were their body proportions different, but their emotional responses to getting an artificial leg were often intense.

Kids sometimes reject the leg. Eventually, most learn to live with it, but it's a painful process that's stressful to watch. So when a teen walks in wanting an MP3 player in his leg, Steinnagel and his team use it as an outlet. "When we have a creative project, we go crazy with it." But he's not sure what to do now. The kid recently asked for speakers.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Prosthetist

Salary: $50,000 to $80,000

Best Part of the Job: "Working with the team here. They are so smart, they are so creative and we play off each other."

Worst Part of the Job: "When people are here due to disease and when that illness takes hold, it's pretty damn sad to see them deteriorate."

Jokers in the office are no laughing matter

WORKPLACE The office joker, a traditional workplace mainstay, may be on the way out, according to a new report identifying eight key workplace personalities.

The T-Mobile Workplace Motivation Report, authored by leading business psychologist Honey Langcaster-James reveals that despite the recent financial doom and gloom David Brent-style office jokers are no laughing matter when it comes to motivating a disheartened workplace.

This is bad news for those who fall under the report's Joker category, as 15 per cent of those interviewed said that they found constant gag-cracking — by people similar to the fictional Brent in the BBC television comedy series The Office — to actually have a de-motivating influence in the workplace.

On the contrary, workers are turning to go-getting Cheerleader types to raise office morale, with more than a quarter of those interviewed saying that the can-do attitude of this type of worker was a beneficial and motivational influence in the workplace.

The report identifies the eight most common workplace personalities ranging from the nurturing and approachable Mother Hen, to the laid back, unflappable Dude. REUTERS

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Kwantlen's iStan comes to life

MEDICINE A life-like robotic patient used by Kwantlen University to train nursing students appeared in an episode of Grey's Anatomy last week.

The computer-controlled, simulated patient mimics condition such as cardiac arrest, injuries and drug overdoses while responding to students' treatment — including "dying" if the care is inappropriate.

Kwantlen purchased the wireless robot, named the iStan, in a creative effort to deal with the shortage of nursing practicums.

Maxime Mott, dean of community and health studies at Kwantlen said the iStan does not replace practicums but supplements the education to better prepare students for complex real-life situations.

PHOTO SUBMITTED

Kwantlen nursing students learn on patient simulator, iStan.

"We found a higher skill level and increased confidence in students when they do enter their practicums," she said.

–MONICA MARTINEZ

Two-hour premiere for Lost
ABC insiders say that the fifth season of the Emmy-nominated show Lost will premiere with a two-hour event on Jan. 21 at 8 p.m. **EW.COM**

Entertainment

Whoopi on Mars
Comedienne Whoopi Goldberg is in for a gender-bending new role — the actress has been cast to play a man on a new episode of U.S. TV drama Life On Mars. **IMDB.COM**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Bet like Bond

The first words in the first ever James Bond novel describe a casino, so it seems like I should visit one on my quest — an increasingly hopeless one, at this point — to become Bond. Games of chance and casinos play a huge part in Bond books and movies, but Ian Fleming obviously wanted us to know that they're part of the same dark, dangerous place where Bond works.

"The scent and smoke and sweat of a casino are nauseating at three in the morning." These were the first words Fleming wrote at the start of Casino Royale, his first Bond novel.

The gaming floor of the Fallsview Casino in Niagara Falls, Ont., is open all day and night, seven days a week. It's mid-morning when John Stamatakos, executive director of table games operations, takes me on a tour, but it could be the middle of the night.

The casinos Fleming described, like Las Vegas in the mobbed-up Rat Pack era, are relics of a different age. The gaming floor Stamatakos oversees is one of the most relentlessly monitored and government-regulated businesses in the world, but it feels almost otherworldly. The slots chime and ring in a low, consonant burble, and a small army of dealers, managers, wait staff and security silently scrutinize everyone from the old ladies parked in front of the slots to the players in the salons.

"The hardest thing for a customer to do when they're winning is stop," Stamatakos tells me.

It's illegal to take pictures on the casino floor, and no one wants to spook the more superstitious players, so Stamatakos takes me to a room in the basement where they train dealers to give me a lesson in baccarat, the game of choice for Bond.

It's a simple enough game — basically, four cards are drawn, and the player that ends up with a combination closest to 9 wins. "People look at the odds and say, out of a hundred hands, probability is 45.8 times to the bank, 44.6 times to the player and the rest is going to be a tie," Stamatakos explains. "They like that better as opposed to another game where they've got six things I've got to think about."

Stamatakos sets me up with a pile of chips and plays the banker, drawing a few hands for me. I start small and get more reckless. I lose four times out of five, and I'm forced to admit that my natural faintheartedness when it comes to gambling, as much as being poor or out of shape or being unable to hit the side of a boxcar with a gun, has made me an ever more unlikely Bond.

PHOTO BY KEVIN HARDING

Rick McGinnis places a bet while getting a lesson in baccarat from John Stamatakos at the Fallsview Casino in Niagara Falls, Ont.

weekend box office

1. **Madagascar: Escape 2 Africa:** $63.5 million US
2. **Role Models:** $19.3 million
3. **High School Musical 3: Senior Year:** $9.3 million
4. **Changeling:** $7.3 million
5. **Zack and Miri Make a Porno:** $6.5 million
6. **Soul Men:** $5.6 million
7. **Saw V:** $4.2 million
8. **The Haunting of Molly Hartley:** $3.5 million
9. **The Secret Life of Bees:** $3.1 million
10. **Eagle Eye:** $2.6 million

REUTERS

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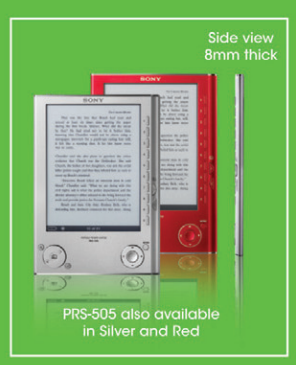

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All in the family
Brothers Charlie Sheen and Emilio Estevez are to team up on the small screen for an episode of hit U.S. sitcom Two and a Half Men. Estevez will play a drinking buddy of his brother's character Charlie Harper in an upcoming episode. **IMDB.COM**

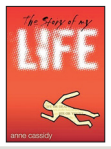
The story of writing Schindler's List

Searching for **Schindler**

Author: Thomas Keneally
Publisher: Random House
Price: $28.00 (Hardcover)

If you enjoyed the Holocaust survival book Schindler's List, Searching for Schindler gives you the story behind the story.

In this memoir, author Thomas Keneally recounts how he pursued the triumphant story of Oskar Schindler — who helped free over 1,000 Jews during the Holocaust — from the time he learned about Schindler through travelling the world to hear the stories of those Schindler saved. The account closes with reflections on adapting the book to the Best Picture-winning Steven Spielberg film.



Story of **My Life**

Author: Anne Cassidy
Publisher: Scholastic Canada
Price: $10.99 (Paperback)

When Kenny Harris learns about a horrendous crime his new friend Mack committed just a few years ago, the friendship is thrown into question. Indeed, Mack turns quickly from friend to foe once Kenny witnesses one of his savage crimes. Mack then sends Kenny to complete a mission for him, but with his girlfriend and family on the line, will Kenny be able to take on the task? In this young adult novel, Kenny must face up to major risk and potentially life-changing consequences.

In the Land of **Long Fingernails**

Author: Charles Wilkins
Publisher: Viking Canada
Price: $32.00 (Hardcover)

Does the thought of working in a cemetery send chills down your spine? It should. In Charles Wilkins' candid new memoir his employment as a gravedigger at a suburban Toronto cemetery in 1969 is relayed with no stone left unturned.

Wilkins recalls the many bizarre experiences he had while tending to the dead, which ranged from finding a calf instead of a corpse inside a coffin through hearing subterranean voices.

BRIAN COULTON/ FOR METRO CANADA

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Soul Men hits a flat note

Soul **Men**

Director: Malcolm D. Lee
Stars: Bernie Mac, Samuel L. Jackson
Classification: 18A
Rating: ◍◍

ROBYN YOUNG
for Metro Canada

Bernie Mac and Samuel L. Jackson play a reunited R&B duo in the comedy Soul Men.

Soul Men is a blast from the past in both its plot, about the reunion of a '60s-era R&B group, and its tired 1982-style script and direction. The humour hinges on raunchy, unoriginal jokes that include everything from masturbation and nose picking, to unkempt privates and Viagra-pill-popping.

But the late Bernie Mac — he died in August — and Samuel L. Jackson deserve at least some credit for their smoother-than-expected grooving as the aging and forgotten members of the band Marcus Hooks and The Real Deal.

Mac plays a less-funny version of himself as Floyd Henderson, now running a car wash chain, and Jackson is transformed from his Snakes on a Plane genius to Henderson's reformed-criminal sidekick Louis Hinds.

After decades apart, the duo reunites when lead singer Marcus Hooks (John Legend), who shot to fame after dropping the guys in the late '70s, dies. The crooners decide to try their moves one last time for Hooks' star-studded memorial and tribute.

Four days of debauchery ensue as they roadtrip across the country to New York City's Apollo Theatre for the performance. Along the way, they try to work out the differences that tore them apart. Director Malcolm D. Lee includes all the usual road-tripping antics: Time in jail, sex with a mother-daughter duo, and ongoing chase and fight scenes with a group of gangsta' rappers.

There's nothing new in this film except for maybe the pairing of Mac and Jackson and in this sense, it's almost comforting in its mindless predictability.

Soul Men's one saving grace is that it's Mac's final performance and for this reason, it may end up generating more box-office returns than it otherwise would have.

For Mac fans, it might be worth the time and money to see him for the last time on the big screen. And for anyone else, it's a rental at most.

Michael Jackson's Thriller back at No. 1

MUSIC Thriller is still racking up weeks at No. 1, more than 25 years after its release.

Jackson

Michael Jackson's monster smash jumped 40 places to No. 1 on Billboard's Top Pop Catalog Albums with sales of 31,000 copies in the week ended Nov. 2. Sony BMG prepared a special version of the album for Apple's iTunes store, which offered the release for just $4.99 US last week. As a bonus, the download included the landmark music video for the title track.

Of the the album's overall 28,000 unit gain, 99 per cent was made up of digital downloads. So far this year, the title has spent 11 weeks atop the Catalog chart, thanks mostly to its 25th-anniversary reissue earlier this year. The set is 2008's top-selling catalog album. **REUTERS**

Things get eerie when TV, reality mix

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

GETTY IMAGES PHOTO

It's no secret that Jimmy Smits' character on The West Wing was based on Barack Obama.

EVEN I THINK THIS IS EERIE: Parallels between The West Wing's last two seasons and the U.S. presidential race were laid out in detail by the New York Times a week before election day, with an enthusiastic chorus of writers and performers from the show eager to detail the similarities.

It was all pretty weird, but things are definitely getting out of hand now.

We all know by now that Jimmy Smits's Democrat challenger was based on Barack Obama, then a junior senator with little more than a single speech on his resume as a public figure, but with the appointment of Rahm Emanuel as Obama's chief of staff last week, we see the return of the inspiration for Bradley Whitford's Josh Lyman to the White House, according to an US Weekly story.

Emanuel, who has been representing Illinois' 5th District in the House of Representatives since 2003, and has been the Democrats' caucus chairman in the House since last year, was assistant to the president for political affairs and then senior advisor to the president for policy and strategy for Bill Clinton.

He's famous for the "rotten fish" and "steak knife" incidents (Google it) and earned the nickname "Rahm-bo" during his time in the White House, but is rumoured to have mellowed since then, at least according to a story released by the JTA news agency last year.

Rahm, who served as a noncombatant in the Israeli army during the Gulf War and was offered a scholarship to join the Joffrey Ballet as a teenager, is also the brother of Ari Emanuel, the inspiration for Jeremy Piven's character on HBO's Entourage, which is where this all starts to get really strange, if you ask me.

I have a lot of questions for our neighbours to the south, but right now my main one is why, if they wanted The West Wing to stay on the air after Martin Sheen left office, didn't they give it better ratings? It just seems like an extreme way to go about reviving a political fantasy; hell, I'd hate to think what you'll do when they cancel Heroes.

The bright side, of course, is imagining the West Wing/Entourage crossover episode when Ari visits his brother in the White House and tries to get the first lady ("But you've got to wear that dress.") to do a cameo in Ocean's 14.

At this rate, TV critics will have to stop going to upfront week and apply for White House press credentials.

Rick McGinnis writes about music, movies, books and television, but not opera.

Cook set to release debut

MUSIC In just a few short months, David Cook went from no-name aspiring singer to American Idol winner. His post-Idol single The Time of My Life debuted at No. 3. Now Cook and the team at 19 Recordings/RCA are trying to keep the momentum going with his self-titled debut, due Nov. 18.

REUTERS

GlobalStyle

Kenya Hunt

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/10/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Dragon's Den (N) (CC)		The Border "Articles of Faith"		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	How I Met	How I Met	Worst Week	(:02) Boston Legal "Roe" (N)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	News (In Mandarin N)		News (In Cantonese N)		News (In Punjabi N)		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Dancing With the Stars (Live) (CC)			Corner Gas	CSI: Miami "Cheating Death"		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Stargate SG-1 (CC)		One Tree Hill (N) (CC)		The Daily	Perspectives	New Day
	252	336	11 GTV	Entertainment	ET Canada	Prison Break "The Legend"		Heroes "Villains" (N) (CC)		My Own Worst Enemy (N)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Sarah Connor Chronicles		Two/Half Men	Samantha	(:02) The Mentalist (N) (CC)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Chuck "Chuck Versus the Ex"		Celebrity Fit Club (CC)		Curb-Enthsm	Less-Kind	EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami "Cheating Death"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Chuck "Chuck Versus the Ex"		Heroes "Villains" (N) (CC)		My Own Worst Enemy (N)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How Clean	House	Love It or List It (N)		Real Est	Kim	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (Same-day Tape)			Samantha	(:02) Boston Legal "Roe" (N)		News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	Drop Dead Gorgeous ★★ (1999) Kirsten Dunst, Ellen Barkin.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Ready Digital	Antiques Roadshow (CC)		American Experience: 1929		Flying the Secret Sky		Weaving
	290	382	28 FOX	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		Prison Break "The Legend"		News (N) (CC)		Family Guy
	-	364	43 PBS	Luther: His life, His Path, His Legacy			Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	67 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) The Ex List (CC)		Late Late Show	
news	502	390	26 NW	Prince William-Prince Harry		CBC News: The National (N)		CBC News: The National		Prince William-Prince Harry		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Saturday Night Poker		Hockey	Simply	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NFL Football: 49ers at Cardinals			SportsCentre (Live) (CC)		2008 Hockey Hall of Fame Induction			SportsCentre
	411	457	49 OLN	Departures (CC)		Pilot Guides "Ultimate Italy"		Don't Forget Your Passport		The Academy (CC)		Departures
	410	403	54 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	55 SC	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		NASCAR Confidential		Auctions
	416	409	144 GLF	(6:00) Fútbol de España		Gol TV News		Ole: La Liga		Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Chicken	Life's a Zoo
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Naturally	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Life in Cold Blood (N) (CC)		Hockey: A People's History		The World of Nat King Cole (CC)				Haida Art
	575	583	20 CMT	Hope & Faith	Hope & Faith	Gone Country		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	MuchNews	NewMusic	MuchVibe (CC)		You Can Dance		Dance	disBand	MuchVibe
	600	564	29 H&G	Income Prop.	House	Holmes on Homes (CC)		Property	Marriage	Income Prop.	My First Place	Home to Stay
	615	520	31 A&E	I Survived (CC)		The First 48 (CC)		Intervention "Chuckie" (CC)		Intervention "Marie" (CC)		I Survived
	628	584	32 SPKE	(6:00) Without a Paddle ★★		UFC 91 Countdown (N)		CSI: NY "You Only Die Once"		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34 TLC	17 Kids-Count	17 Kids-Count	Little People	Little People	Jon & Kate Plus 8 (CC)		17 Kids-Count	17 Kids-Count	Little People
	616	522	39 SHO	Love-Death	Love-Death	Painkiller Jane "Friendly Fire"		Kenny-Spenny	Rent-A-Goalie	My Name Is Earl (CC)		The Office
	620	523	40 BVO	Bravonews	Chimeras	Law & Order "Juvenile" (CC)		Without a Trace (CC)		Signif. Others	Signif. Others	Signif. Others
	601	562	41 SLC	Project Runway		Til Debt-Part	Newlywed	Beautiful	Party Mamas	Project Runway		Trading Sp
	520	505	42 DIS	Canada's Worst Driver (N)		Daily Planet (CC)		Dirty Jobs "Animal Barber"		Canada's Worst Driver (CC)		MythBusters
	522	506	44 HIS	NCIS "Call of Silence" (CC)		Underground War		Underground War		NCIS "Call of Silence" (CC)		Bravo Comp.
	627	528	45 SPC	Eureka "What About Bob"		Stargate SG-1 "Talion"		Lost "Fire Plus Water" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	Earl	Earl	Seinfeld	Sex and-City	Sex and-City	Jack ★ (1996, Fantasy) Robin Williams, Diane Lane. (CC)			
	619	525	48 TROP	TV Made	Very Bad Men (CC)		What	Make	TV Made	Planet Soap	Reality	Final 24 (CC)
	603	561	52 FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Challenge "Popcorn Giants"		Good Eats	Ace of Cakes	Nightmares
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Gabriel Iglesias: Hot-Fluffy		Daily Show
	320	621	60 CEN	Stargate Atlantis (N) (CC)		Californication	Sharkwater	Brotherhood (CC)		The Hills Have Eyes 2 ★ (2007, Horror) (CC)		
	581	566	101 MTV	The Hills	After Show	MTV Live	MTV News	Man and Wife	The Hills	The Hills	After Show	MTV Live
	261	394	102 V	The Protestant Revolution		Mysterious Ways (CC)		Prime Minister	May-Dec.	McLeod's Daughters (CC)		Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy: That's Entertainment		Patrol World

critics'corner

The Border
It may not specifically reference a certain breakaway sect of a certain Utah-based religion, but it's not hard to figure out which headlines this new episode is ripped from. Gray (Graham Abbey) meets his match while investigating a religious sect that's moving underage girls across the border to wed. James McGowan, Sofia Milos and Nazneen Contractor also star in "Articles of Faith." 9 PM on CBC

My Own Worst Enemy
In "That Is Not My Son," Henry (Christian Slater) wakes up and finds himself in the midst of gunfire during Edward's (Slater) mission to get Raymond (Mike O'Malley) out of captivity. Then Mary Grady (Missy Yager) discovers that her suspicions about Tom (O'Malley) are true, and a relationship between Edward and Dr. Skinner (Saffron Burrows) is revealed. It's not easy being a quasi-schizophrenic secret agent. 10 PM on NBC GTV

SATC sequel not yet finalized

Actress Sarah Jessica Parker says a sequel to Sex and the City: The Movie is still in the discussion stage. Her announcement came after co-star Kim Cattrall seemed to hint that the follow-up film was a done deal. **PEOPLE.COM**

Celebrity Buzz

Wood tired of Manson rumour

RELATIONSHIPS Evan Rachel Wood is sick of the false reports circulating about why she and Marilyn Manson broke up, People.com reports.

"Manson and I both decided to take some time apart so we could concentrate on work. Someone used that opportunity to kick us while we were down and sell a completely false story," the actress said in a statement.

Stories of the couple splitting in a bitter fight over Wood's brother Ira, who had been living with the pair, getting kicked out of the guest house by Manson started popping up this week.

"Manson owns the house he lives in. My brother has never stayed there and the person that said such horrible things about Manson being 'controlling' and 'emotionally abusive' is certainly no source 'close' to me," Wood says. "Manson has been by my side and taken care of me through the best and worst times. I love him as a person and as an artist. I will always be proud to have been a part of that.

"If any more attacks are made on us, it is the act of a desperate, selfish person, who is angry to no longer be a part of my life. No further comment will be made and we request our privacy at this time."

Manson and Wood began dating in December 2006.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Cyrus hates sharing bathroom with boys

PEOPLE Miley Cyrus has vowed never to get married, femalefirst.co.uk reports.

The 15-year-old singer/actress doesn't want to tie the knot because she hates sharing a bathroom with the opposite sex.

"I'm never getting married because I can't take sharing a bathroom!" she says. "There were five of us on the tour bus recently and we all shared one bathroom. I shared it with three boys, included my dad. It was horrible. I'd have all my makeup out and someone would put their toothbrush on top of it. That's disgusting! Then my brother used my toothbrush to comb his eyebrows one day. I was like, 'This is getting seriously ridiculous. I'm getting my own bus because I can't handle this!' "

Cyrus also revealed her celebrity status used to intimidate prospective suitors.

"I never got asked out, ever. I am just going to say it's down to the boys being intimidated," she added to TOTP magazine.

METRO NEWS SERVICES

Kidman doesn't want nanny

FAMILY Nicole Kidman is refusing to hire a nanny to look after her baby daughter Sunday Rose, even if it jeopardizes her acting career, imdb.com reports.

The actress is besotted with the four-month-old, whose dad is Kidman's husband, country star Keith Urban, and can't yet bring herself to leave her alone for a second. But she admits she will have to let go eventually, or face retiring from acting altogether.

"I can't bear to be separated from Sunday Rose. That's why I haven't got a daytime nanny, but at some stage I probably will have one," Kidman tells Glamour magazine.

METRO NEWS SERVICES

Drew's beau is face of K-Swiss

NEW GIG Actress Drew Barrymore's reported new beau Ed Westwick has signed on as the new face of footwear brand K-Swiss, imdb.com reports.

The 21-year-old Gossip Girl star will appear in a new TV and print campaign for the trendy sports shoe company which will launch in February, according to E! News Online.

DJ/producer Mark Ronson, and singers Adam Levine and Ne-Yo are also in negotiations for new K-Swiss ads.

METRO NEWS SERVICES

Macpherson to quit modelling

CAREER Elle Macpherson is retiring from modelling, femalefirst.co.uk reports.

Macpherson says she believes she is getting too old to walk down catwalks, and thinks it is time to leave that part of her life behind.

"I think I am a bit too long in the tooth to go back to all that," she says of strutting down a runway. "I think of myself more as a businesswoman these days."

She is now set to concentrate on her lingerie line Elle Macpherson Intimates.

METRO NEWS SERVICES

Lewis wants to get married

PEOPLE Leona Lewis can't wait to get married, femalefirst.co.uk reports.

The 23-year-old singer, who has been dating electrician Lou Al-Chamaa since she was 17, is looking forward to settling down with her boyfriend and starting a family.

METRO NEWS SERVICES

Renewed vows

MARRIAGE Former Spice Girl Mel B. and her husband Stephen Belafonte renewed their wedding vows on Saturday, femalefirst.co.uk reports. The couple flew their closest relatives and friends to Hurghada, Egypt, to make up for them missing their secret ceremony in Las Vegas last year.

METRO NEWS SERVICES

FameThrower

Joe O'Neill

Joe's take on celebrities

Ever run into somebody you used to work or go to school with and they start talking to you and you can't quite place them? That's what I feel like every time I come across **Marilyn Manson**'s name. My theory is that, just as with fat white guys on Saturday Night Live, at any given time there can only be one super-edgy goth entertainer who represents everything that a talent agency executive assumes would frighten your grandmother. Right now, that guy is **Criss Angel**, but it used to be **Marilyn Manson**.

Once I recall **Manson** as that oddly attired purveyor of tunes that sound like they were stolen from **Alice Cooper**'s reject pile, I can work backwards, like the star of Celebrity Sludgepile: CSI, to deduce that this **Evan Rachel Wood** person must be the latest actressish type who hitched her fame star to the fading shockmeister. But now they've broken up, and she is lashing out at those who've spread false rumours about the reasons why.

Wood just wants us all to know that **Manson** has taken her "through the best and worst times" since they began dating way back in 2006, and that she's proud of her contributions to his artistic oeuvre. That would consist of his 2007 album Eat Me, Drink Me, which judging from its sales, both ate it and sucked.

Now Manson can move on to the next phase of his career, shocking people by email.

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Wednesday: Rain 80% 12° / 7°

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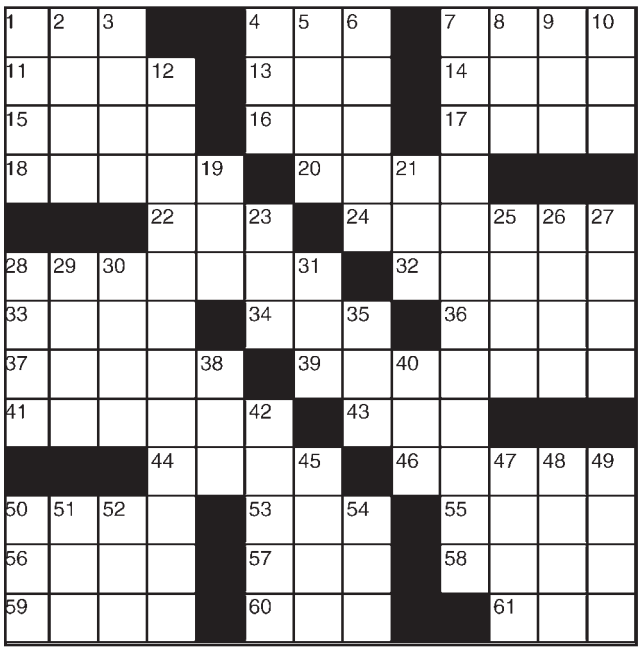

Crossword across

1 Possess
4 Beast of burden
7 Frost
11 USPS delivery
13 Fun and games
14 Foot fraction
15 Capri or Wight
16 Scratch
17 Attend
18 Larceny
20 Netting
22 AAA job
24 Get smart
28 Sleepwear
32 Interruption
33 "Once — a time ..."
34 Jewel
36 Birds' home
37 Pinochle ploys
39 Worldly septet
41 Houston team
43 Friend
44 Egyptian goddess
46 Hook-nosed Muppet
50 Titanic vanquisher
53 Uppermost
55 Lumber
56 Provo's state ...
57 ... and its country
58 Beach stuff
59 Carry on
60 Pea house
61 Fellows

Crossword down

1 Leave out
2 Cleanse
3 Cleopatra's river
4 Upper limb
5 Line of fashion?
6 Threaded nail
7 Timeline points
8 Lennon's lady
9 Performance
10 Pi follower
12 On both sides
19 Huck's chum
21 Part of R.S.V.P.
23 "— the Dog"
25 Fencing prop
26 Cold War initials
27 Household critters
28 Cougar
29 Tarzan's clique
30 Shock somewhat
31 Wield a needle
35 Clear the decks
38 "Help!"
40 Run-down horse
42 Stop slouching
45 Mediocre
47 Ark builder
48 Region
49 Probability
50 Plant prickle
51 Timetable abbr.
52 Took off
54 Writing tablet

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					6	3		
			9	2		5		
6	2	7				9		
7			6		3		8	
	5						7	
	8		1		7			4
		1				4	5	2
		9		4	5			
		3	7					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	E	S	T	S	■	S	P	A	■	F	D	A
A	T	T	I	C	■	T	I	M	■	L	O	G
S	H	A	R	I	■	E	P	I	T	A	P	H
■	■	P	E	O	P	L	E	■	A	R	E	A
A	W	L	■	N	I	L	■	O	B	E	Y	S
D	E	E	D	■	C	A	M	E	L	■	■	■
S	T	R	E	A	K	■	A	R	E	T	H	A
■	■	■	C	R	Y	P	T	■	T	A	I	L
B	O	S	O	M	■	A	I	M	■	P	E	P
O	V	I	D	■	J	U	N	I	O	R	■	■
W	I	R	E	T	A	P	■	C	L	O	S	E
E	N	E	■	O	D	E	■	A	L	O	U	D
R	E	D	■	P	E	R	■	S	A	M	B	O

7	8	3	1	9	6	4	2	5
5	6	2	7	4	3	8	9	1
9	1	4	5	8	2	7	6	3
2	5	8	9	1	4	6	3	7
3	4	9	6	5	7	2	1	8
6	7	1	2	3	8	9	5	4
1	3	7	4	2	9	5	8	6
4	2	5	8	6	1	3	7	9
8	9	6	3	7	5	1	4	2

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Balsamic Veal Escalopes

INGREDIENTS:
1 lb (500 g) cherry tomatoes
1 tbsp (15 mL) olive oil
4 veal escalopes
2 oz (60 g) butter
2 tbsp (25 mL) balsamic vinegar
2 tbsp (25 mL) snipped fresh chives

METHOD:
1. Preheat oven to 350°F (180°C). Toss tomatoes in oil, then place in a roasting pan and bake for 12–15 minutes.
2. Meanwhile, lay out veal pieces between two sheets of plastic wrap. Using a meat mallet or heavy rolling pin, pound veal to flatten it.
3. Heat butter in a frying pan until it starts to foam, add veal and cook over a moderate heat for 2 minutes on each side, or until tender. Remove from the pan and set aside in a warm place.
4. Pour balsamic vinegar into the pan with buttery juices. Stir, then bring to boil. Cook sauce over a high heat for 5 minutes, or until sauce has reduced by half.
5. Return veal to the pan briefly to reheat, then sprinkle with chives before serving with cherry tomatoes.

PER SERVING
361 calories, 22 g total fat, 10 g saturated fat, 3 g carbohydrate, 2 g fibre, 38 g protein

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
An awful meeting will give you some good cheer. It's time to buy something old. A mature friend will do a favour for you.

TAURUS
APRIL 21-MAY 21
Worry evaporates when you start to make money. All shall be well sooner than expected. A missing person arrives after a problem is fixed.

GEMINI
MAY 22-JUNE 21
A hard worker stumbles while getting something done. A careless conflict can be resolved. A tranquil person is involved in a commotion.

CANCER
JUNE 22-JULY 22
An honourable person makes a suggestion. Be more lenient to help your cause. Someone will offer you money.

LEO
JULY 23-AUG 23
Being sweet will get you what you want. Inattentiveness will lead to harsh words. Increase your health insurance.

VIRGO
AUG 24-SEPT 22
A wardrobe malfunction could lead to embarrassment. A self-important fool's mistakes will create mirth. Be brave enough to do what needs doing.

LIBRA
SEPT 23-OCT 23
You'll perform some damage control. A spiritual person tries to influence an ill-mannered guy. Help out a resentful woman.

SCORPIO
OCT 24-NOV 22
A domestic man gets back to normal. You'll become a statistic if you don't pay attention. Your fondness grows for a low-key lackey.

SAGITTARIUS
NOV 23-DEC 21
A friend is going through a tough time. Your energy level increases and targets are met. Nature triumphs over nurture.

CAPRICORN
DEC 22-JAN 20
You'll find what you're looking for. Don't use deceit to get what you want. Say goodbye to a dreadful situation.

AQUARIUS
JAN 21-FEB 18
An awesome sight jogs somebody's memory. Something that was lost isn't needed. A good-for-nothing guy arrives with a smile.

PISCES
FEB 19-MARCH 20
Avoid someone who is mulling things over. A bad-tempered nuisance makes you livid. Visit the person who loves you the most.

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